

1. Buy a pedometer –

- Investment - \$12.00 buys a high quality pedometer
- What it does - monitors your physical activity throughout the day and helps manage body weight
- Use – wear it daily on your waistband to count the number of steps you take each day
- Benefit – Increase the calories you burn off daily by gradually increasing the number of steps taken
- Advantage - Great for people who don't have the time, desire or ability to exercise on a daily basis
- Note - A high quality pedometer has a cover to prevent accidental resets and a replaceable battery
- Note - Sources for high quality pedometers include:
 - ✓ Accusplit.com
 - ✓ Digiwalker.com
 - ✓ Walk4life.com
- Note – It must remain upright on your waist. Trying wearing it on the back of your waist band if it can't stay upright on the front of your waist band

2. Reduce time spent watching TV - or other similar sedentary activities

- Add up the number of hours you and your family do this
- Set a reasonable goal to reduce it
- Suggestions:
 - ✓ Take a walk after dinner
 - ✓ Push a stroller for 30min
 - ✓ Play tag with your kids
 - ✓ Go dancing
 - ✓ Play basketball
 - ✓ Wash windows and floors
 - ✓ Do indoor exercises
 - ✓ Rake leaves for 30min
 - ✓ Pull the weeds in your garden
- Note: Abrams Gym has a 24hr outdoor fenced track and volleyball courts

3. Jump-Start your metabolism

- Eat a quick breakfast which includes a piece of fruit with your cereal or toast in the morning
- Eat a lunch that includes a side-salad and fruit (french-fries aren't a vegetable!)
- Eat a healthy afternoon snack -
 - ✓ Prevents bingeing when you get home in the late afternoon and evenings
 - ✓ Keeps your energy up to get through the day

4. Decrease fast food, but when you do choose it.....

- Don't 'Super/King-size'
 - ✓ King/Super-size fries = ~600 calories (kcal)
 - ✓ Small size = ~ 230
 - ✓ Savings - 370 kcal!!!!!!!
- Drink a calorie free beverage
 - ✓ One large soda = ~430 kcal
 - ✓ A 20-oz soda/sweet tea/juice/ fruit drinks, etc or a 1-quart bottle of sports drinks = ~250 kcal
 - ✓ Drink a zero-kcal beverage instead and save 250 – 430 kcal!!!!!!!
- Buy a side-salad with your meal (yes, really)
 - ✓ The crunchy texture and low-kcal volume will increase your sense of fullness and satisfaction
 - ✓ Choose a low-kcal dressing or decrease the amount of regular dressing

5. Learn to read a food label

- Look at the calories on the label.....AND
- MULTIPLY by the number of servings per container
- ...To find the total calories per package

The concern about overweight is about health, **NOT appearance**. Just as you don't judge people by their skin color, don't judge people by their body shape. **It's about respect.**

If you are over weight, make a promise to **stop** gaining.

#1. Look at the serving size (1 oz)

#2. Look at the servings per container

5 Easy Resolutions For The New Year

Nutrition Facts

Serving Size 1 oz (28g/About 21 Pieces)
Servings Per Container 3

Amount Per Serving

Calories 170

Calories from Fat 100

% Daily Value

Total Fat 11g 17%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 250mg 10%

Total Carbohydrate 15g 5%

Dietary Fiber less than 1g 2%

Sugars 0g

Protein 2g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

Vitamin E 0%

Thiamin 0%

Riboflavin 0%

Niacin 0%

*Percent daily value is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

In this example:

1. Servings per container = 3
2. Calories listed = 170
3. Multiply '3' by '170'.....
4. Total calories per package = 510
5. If you want to count your carbs or fat use the same method

What was the food? A 3 oz bag of "Cheetos"®, which is the size usually found in convenience stores.

If you're not over weight, take action to prevent it. In the 2006 environment it's very easy to gain weight.